

HUBUNGAN KETAHANAN PANGAN KELUARGA DENGAN STATUS GIZI ANAK USIA 2-5 TAHUN DI WILAYAH KERJA PUSKESMAS PANGKALAN, KABUPATEN LIMA PULUH KOTA, PROVINSI SUMATERA BARAT

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ABSTRAK

Latar Belakang: Status gizi merupakan suatu keadaan yang diakibatkan oleh keseimbangan antara asupan zat gizi dari makanan dengan kebutuhan zat gizi yang diperlukan untuk metabolisme tubuh. Salah satu yang mempengaruhi status gizi balita yaitu faktor social ekonomi termasuk ketahanan pangan keluarga.

Tujuan: Untuk mengetahui hubungan ketahanan pangan keluarga status gizi di wilayah kerja Puskesmas Pangkalan.

Metode: Penelitian dengan desain *cross-sectional* dengan perhitungan *simple random sampling*. Data dikumpulkan dengan kuesioner *Household Food security Survey Module* (HFFSM) , *Semi quantitative food frequency*, pertanyaan kuesioner terkait pola asuh, pola makan, pengeluaran perkapita, kunjungan ke pelayanan kesehatan, keterjangkauan pelayanan kesehatan, penyakit diare serta pengukuran antropometri berat badan dan tinggi badan balita. Data dianalisis dengan korelatif *Spearman test* dan *Chi-Square test* serta uji multivariate.

Hasil: Terdapat hubungan ketahanan pangan rumah tangga memiliki hubungan dengan status gizi menurut TB/U dengan nilai *p-value* 0.009, hubungan asupan karbohidrat dengan nilai *p-value* 0,001, hubungan pola asuh orang tua dengan nilai *p-value* 0,049 terhadap status gizi BB/U. Adanya hubungan asupan karbohidrat dengan status gizi menurut BB/TB dengan nilai *p-value* 0,001. Serta adanya faktor resiko kunjungan pelayanan kesehatan terhadap status gizi BB/U dengan nilai *p-value* 0,027.

Simpulan: Ketahanan pangan keluarga memiliki hubungan dengan status gizi menurut TB/U, asupan karbohidrat memiliki hubungan dengan status gizi menurut BB/U dan status gizi menurut BB/TB serta kunjungan pelayanan kesehatan menjadi factor resiko terhadap status gizi menurut BB/U.

Kata kunci: Status Gizi, Balita, Ketahanan Pangan, Kunjungan Pelayanan kesehatan, Asupan Karbohidrat, Pola Asuh.

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The Relationship of Household Food Security With The Nutritional Status Of Children Aged 2-5 years In The Working Area Of Pangkalan Health Center, Lima Puluh Kota District West Sumatra Province

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ABSTRACT

Background: Nutritional status is a condition resulting from a balance between the intake of nutrients from food and the need for nutrients needed for body metabolism. One thing that influences the nutritional status of toddlers is socio-economic factors including family food security.

Purpose: To determine the relationship between household food security and nutritional status in Pangkalan Community Health Center working area.

Method: Research with a cross-sectional design with simple random sampling calculations. Data was collected using the Household Food Security Survey Module (HFFSM) questionnaire, semi quantitative food frequency, questionnaire questions related to parenting patterns, eating patterns, percapita expenditure, visit to health services, diarrheal diseases and anthropometric measurements of toddlers weight and height. Data were analysed using the Correlative Spearman test, Chi-Square test and multivariate test.

Result: There is a relationship between household food security and nutritional status according to TB/U with a p-value of 0,009, a relationship between carbohydrate intake with a p-value of 0,001, parenting patterns with a p-value of 0,049 on nutritional status of BB/U. There is a relationship between carbohydrate intake and nutritional status according to BB/TB with a p-value of 0,001, and there is a factor risk between health service visits and nutritional status of BB/U with a p-value of 0,027.

Conclusion : Household food security has a relationship with nutritional status according to TB/U, carbohydrate intake has a relationship with nutritional status according to BB/U and nutritional status according to BB/TB and health service visits have a factor risk with nutritional status according BB/U.

Keyword: Nutritional status, Toddlers, Food Security, Health Service Visits, Carbohydrate Intake, Parenting Patterns.

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